

NEW PROGRAMS

Electrical Safety

V404 WORKING SAFELY WITH ELECTRICITY

(1/2" VHS 20 min. Color 2000 1 videocassette Guide for Presenters)
Covers safety practices and procedures for electricians, electrical workers and maintenance personnel working with under 600 volts. Topics included are creating an electrically safe work environment, simple and complex lockout/tagout procedures, following the "limits of approach" [NFPA 70E], using correct protective clothing and equipment required for different operations, and protecting against other hazards, using portable GFCIs, etc. – National Fire Protection Association.

Employee Safety Training

DVD 62 SAFETY ORIENTATION: ON ALERT

(25 min. Color 2004 1 DVD in English, Spanish, Portuguese Leader's guide Employee handbook)
Briefly covers the following topics: slips, trips and falls; back safety; hazard communication; bloodborne pathogens; personal protective equipment (head, eye, hearing, respiratory, hand, foot); lockout/tagout; fire safety and evacuation. – Coastal Video Comm

Ergonomics...more under Material Handling - Manual

V401 TAKE 5 FOR HEALTH AND SAFETY: LIFTING, ERGONOMICS, STRETCHING

(1/2" VHS 8 -9 min. each Color 2000 1 videocassette Participant handbook)
Three segments in a talk show format with occupational therapist and injury prevention specialist, Michael Melnik, cover each topic explaining and demonstrating basic principles. The Lifting module emphasizes the need to lift better by observing the following principles: keep it close & keep the curves, staggered stance, build a bridge, feet first and preparation & compensation. The principles in the Ergonomics module are aimed at showing how ergonomics can help to make one's work life easier, e.g. think neutral, minimize force, reduce repetitions, and adjust. The Stretching module presents the following principles: let the body breathe, preparation & compensation, rule of opposites, avoid pain & bouncing and breathe while stretching. – Comprehensive Loss Management, Inc.

V402 TAKE 5 FOR HEALTH AND SAFETY: SITTING AND STANDING

(1/2" VHS 8 min. each Color 2000 1 videocassette Participant handbook)
Two segments in a talk show format with occupational therapist and injury prevention specialist, Michael Melnik, cover each topic explaining and demonstrating basic principles. The Sitting module principles include neutral postures, support, adjust and movement. The recommendations in the Standing module cover staggered stance, bending the knees, getting a foot up, proper footwear, and movement for improved circulation. – Comprehensive Loss Management, Inc.

V403 STRETCHING OUT AT WORK

(1/2" VHS 12 min. Color 2000 1 videocassette Participant handbook)

Note: Please consult your health professional prior to doing these stretching exercises if you have any medical condition that may limit your activities. This program, narrated by Michael Melnik, an occupational therapist and injury prevention specialist, is designed to present the benefits of stretching thus motivate employees to incorporate these exercises in the work day to help get ready for work and to help their bodies recover when fatigued. – Comprehensive Loss Management, Inc.

Housekeeping

DVD 61 HOUSEKEEPING: IT AIN'T LIKE THE MOVIES

(15 min. Color 1995 1 DVD in English, Spanish, Portuguese Leader's guide Employee handbook)

Did you know that falls are the cause of 10% on-the-job deaths? Many of these deaths are due to poor housekeeping and could have been prevented. Reviews the importance of good housekeeping and what to look for in your facility. Is your workplace clean or cluttered? Do you have adequate storage? Have you eliminated spills and leaks? - Coastal Video Communication Corp.

Material Handling – Manual...more under Ergonomics

DVD 60 LIFTING AND CARRYING

(10 min. Color 1990 1 DVD Trainer's manual)

This program is divided into 3 sections: the role of the spine in back injuries (severity, disc injuries, muscle & ligament injuries); lifting & carrying techniques (preparation, steps for lifting, team lifting, adequate vision, mechanical lifting devices); factors governing manual lifting (nature of the load, working conditions, personal limitations). – SafetyCare.

Powered Platforms

DVD 63 BUCKET TRUCKS: EXTENDING YOUR SAFETY

(15 min. Color 2006 1 DVD in English, Spanish, Portuguese Leader's guide Employee handbook)

Goes over operator authorization requirements, a few routine maintenance and inspection techniques and procedures to keep operators, co-workers and others on the ground safe as work is completed from a bucket truck. Topics include operator training, pre-start walk around inspection, work clothes and personal protective equipment, pre-planning, electrical hazards, and other safety practices. – Coastal Video Communications Corp.